



October 5 – 9, 2026

October 2026 High School Lunch

EVERYDAY ALTERNATE MEAL CHOICES

Available daily

- Garden Salad
- Deli Sandwich
- International Line
- Alternate Hot Lunch Line

TREATS & DRINKS

À la carte line available daily

Students can purchase additional items to enjoy with their lunch, including healthy bagged snacks, Frazil 100% juice slushies, whole grain chips, ice cream, and more! All options are CT Smart Snack compliant.

STAFF MEALS

- Hot Lunch – \$5.25
- Slice of Pizza Only – \$3.00

STUDENT LUNCH

High School – \$4.25
Free/Reduced – \$0.00

This institution is an equal opportunity provider. Menu subject to change based on product availability.

Questions? Contact Food Services at
(860) 449-7208



Monday	Tuesday	Wednesday	Thursday	Friday
Students are offered the five meal components: protein, grain, fruit, vegetable, and milk. Students must select at least three components, and one must be a fruit or vegetable, to make a complete meal.		CT Grown for CT Kids Week October 5–9 Celebrating CT farmers and the fresh ingredients in our school cafeterias!	10/1 French Toast Sticks, Sausage Patty, Hash Brown Assorted Veggies, Fruit, Milk	10/2 Assorted Pizza, Assorted Fruit, Caesar Salad, Milk
10/5 Cheese Stuffed Bosco Sticks, Marinara, Local Salad with Maple Lane Farm Lettuce (Preston, CT), Fruit, Milk	10/6 – Early Dismissal Breaded Chicken Patty on Bun, Chips, Assorted Veggies from Full Heart Farm (Ledyard, CT), Fruit, Milk	10/7 Nacho Day! Seasoned Local Beef from Broad Brook Acres (Preston, CT), Cheese Sauce, Chips, Rice, Salsa, SC, Lettuce, Tomato, Fruit, Milk	10/8 Chicken Alfredo Local Roasted Squash from Whittle's Farm (Mystic CT) Dinner Roll, Fruit, Milk	10/9 Assorted Pizza Assorted Fruit, Local Salad with Lettuce from Hunts Brook Farm (Quaker Hill, CT), Milk
10/12 No School!	10/13 Grilled Cheese Smiley Fries Assorted Veggies, Fruit, Milk	10/14 Pasta Day! Buttered pasta or pasta with meat sauce, Parmesan Cheese, Garlic Bread, Veggie, Fruit, Milk	10/15 Orange Chicken Fried Rice, Mixed Vegetables Fortune Cookie, Fruit, Milk	10/16 Assorted Pizza, Assorted Fruit, Caesar Salad, Milk
10/19 All Beef Hot Dog on Bun, Baked Beans, Chips, Assorted Veggies, Fruit, Milk	10/20 Ham & Cheese Grinder w/ Lettuce, Doritos, Assorted Veggies, Fruit, Milk	10/21 Nacho Day! Seasoned Beef, Warm Cheese Sauce, Tortilla Chips, Fiesta Rice, Salsa, SC, Lettuce, Tomato, Fruit, Milk	10/22 Breaded Chicken Patty on Bun, Smiley Fries, House Made Coleslaw, Assorted Veggies, Fruit, Milk	10/23 Assorted Pizza, Assorted Fruit, Caesar Salad, Milk
10/26 Hamburger or Cheeseburger French Fries, Assorted Veggies, Fruit, Milk	10/27 Pepperoni and Melted Cheese on a Croissant, Tater Tots, Milk Assorted Fruit	10/28 – Early Dismissal French Toast Sticks, Sausage Patty, Hash Brown Assorted Veggies, Fruit, Milk	10/29 – Early Dismissal Chicken Nuggets w/ BBQ Ranch Dip Smiley Fries, Garlic Knot Assorted Veggies, Fruit, Milk	10/30 – Early Dismissal Assorted Pizza, Assorted Fruit, Caesar Salad, Milk